

TUSAALE AH SIDA LOO IIBSADO KHUDAARTA CAGAARAN IYO TA MIRARAHA AH

Tusaalahani ah sida wax loo iibsado wuxuu kaa caawinayaa sidii aad u heli lahayd dhamaan khudaarta iyo miraha ee jeega WIC aad ku qaadan lahayd. Isticmaal liistadani ah sida wax loo iibsado si ad u ogaatid khudaarta iyo miraha aad iibsaneysid. Marka aad iibsaneysid khudaar iyo miro kuwaasi oo lagu miisaamo rodolka (pound), fadlan dhameystir talaabooyinka soo socda:

- Ku rid walaxda aad wadatid miisaanka ku yaasha meesha khudaartu taalo.
- Ka soo qaad cabirka walaxda intii ugu dhow rodol ama nus rodol.
- Ku qiyaad qiimaha walaxda marka loo eego tasmada hoos ku qoran.
- Qor walaxda kuna qiimee liistadani habka wax iibsashada.

Marka aad soo gaadho miiska lacagta lagu bixiyo, kala saar raashinkaaga. Ugu horeyn, hubi inaad khudaarta iyo miraha dareyga ah aad marfashka ama miiskayar ee wareega ee dukaan gadaha alaabta u gudbinaya,ka dibna ku xigsii khudaarta iyo miraha barafeysan.

XUSUUSNOW:

1. In ka badan hal WIC jeeg oo lowgu talo galey in lagu iibsado khudaarta iyo miraha ayaa laga yaabaa inaad isku darto ood hal mar wax ku iibsatid. Jeegaga kale ee WIC ee raashinka waxaa waajib ah in si kala gaar wax lowgu iibsado.
2. Khudaarta iyo miraha aad ku iibsaneysid jeega WIC waa waajib iney ahaadaan kaliya qiimaha ku dhigan jeega WIC (\$6, \$8, ama \$10) ama ka yar. Maaha inaad bixisid faraqa u dhexeeya qiimaha jeega WIC ku dhigan hadii alaabta aad iibsatay ka badan tahay. Waa waajib inaad alaabta badh celiso si aad u yareysid kharashka oo inta aad iibsatay iyo inta jeega WIC ku dhigan mid ahaato ama ka yaraato.

| Qiimaha lb.kiiba | 1 lb. | 1 ½ lbs. | 2 lbs. | 2 ½ lbs. | 3 lbs. | 3 ½ lbs. | 4 lbs. | 4 ½ lbs. |
|---------------------|----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 0.49 | 0.49 | 0.74 | 0.98 | 1.23 | 1.47 | 1.72 | 1.96 | 2.21 |
| 0.59 | 0.59 | 0.89 | 1.18 | 1.48 | 1.77 | 2.07 | 2.36 | 2.66 |
| 0.69 | 0.69 | 1.04 | 1.38 | 1.73 | 2.07 | 2.42 | 2.76 | 3.11 |
| 0.79 | 0.79 | 1.19 | 1.58 | 1.98 | 2.37 | 2.77 | 3.16 | 3.56 |
| 0.89 | 0.89 | 1.34 | 1.78 | 2.23 | 2.67 | 3.12 | 3.56 | 4.01 |
| 0.99 | 0.99 | 1.49 | 1.98 | 2.48 | 2.97 | 3.47 | 3.96 | 4.46 |
| 1.09 | 1.09 | 1.64 | 2.18 | 2.73 | 3.27 | 3.82 | 4.36 | 4.91 |
| 1.19 | 1.19 | 1.79 | 2.38 | 2.98 | 3.57 | 4.17 | 4.76 | 5.36 |
| 1.29 | 1.29 | 1.94 | 2.58 | 3.23 | 3.87 | 4.52 | 5.16 | 5.81 |
| 1.39 | 1.39 | 2.09 | 2.78 | 3.48 | 4.17 | 4.87 | 5.56 | 6.26 |
| 1.49 | 1.49 | 2.24 | 2.98 | 3.73 | 4.47 | 5.22 | 5.96 | 6.71 |
| 1.59 | 1.59 | 2.39 | 3.18 | 3.98 | 4.77 | 5.57 | 6.36 | 7.16 |
| 1.69 | 1.69 | 2.54 | 3.38 | 4.23 | 5.07 | 5.92 | 6.76 | 7.61 |
| 1.79 | 1.79 | 2.69 | 3.58 | 4.48 | 5.37 | 6.27 | 7.16 | 8.06 |
| 1.89 | 1.89 | 2.84 | 3.78 | 4.73 | 5.67 | 6.62 | 7.56 | 8.51 |
| 1.99 | 1.99 | 2.99 | 3.98 | 4.98 | 5.97 | 6.97 | 7.96 | 8.96 |
| 2.09 | 2.09 | 3.14 | 4.18 | 5.23 | 6.27 | 7.32 | 8.36 | 9.41 |
| 2.19 | 2.19 | 3.29 | 4.38 | 5.48 | 6.57 | 7.67 | 8.76 | 9.86 |
| 2.29 | 2.29 | 3.44 | 4.58 | 5.73 | 6.87 | 8.02 | 9.16 | 10.31 |
| 2.39 | 2.39 | 3.59 | 4.78 | 5.98 | 7.17 | 8.37 | 9.56 | 10.76 |
| 2.49 | 2.49 | 3.74 | 4.98 | 6.23 | 7.47 | 8.72 | 9.96 | 11.21 |
| 2.59 | 2.59 | 3.89 | 5.18 | 6.48 | 7.77 | 9.07 | 10.36 | 11.66 |
| 2.69 | 2.69 | 4.04 | 5.38 | 6.73 | 8.07 | 9.42 | 10.76 | 12.11 |
| 2.79 | 2.79 | 4.19 | 5.58 | 6.98 | 8.37 | 9.77 | 11.16 | 12.56 |
| 2.89 | 2.89 | 4.34 | 5.78 | 7.23 | 8.67 | 10.12 | 11.56 | 13.01 |
| 2.99 | 2.99 | 4.49 | 5.98 | 7.48 | 8.97 | 10.47 | 11.96 | 13.46 |
| 3.09 | 3.09 | 4.64 | 6.18 | 7.73 | 9.27 | 10.82 | 12.36 | 13.91 |
| 3.19 | 3.19 | 4.79 | 6.38 | 7.98 | 9.57 | 11.17 | 12.76 | 14.36 |
| 3.29 | 3.29 | 4.94 | 6.58 | 8.23 | 9.87 | 11.52 | 13.16 | 14.81 |
| 3.39 | 3.39 | 5.09 | 6.78 | 8.48 | 10.17 | 11.87 | 13.56 | 15.26 |
| 3.49 | 3.49 | 5.24 | 6.98 | 8.73 | 10.47 | 12.22 | 13.96 | 15.71 |

| LIISTADA WAX IIBSASHADA | | | |
|---|---------|------------|----------|
| Khudaarta Dareyga ah Loo Qiimeeyey Rodolkiiba (Waa in la miisaamo) | | | |
| Walaxda | Qiimaha | Rodolkiiba | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| Xaasilka Qiimeeyey: _____ | | | |
| Qiimo Cayiman – Miraha & Khudaarta | | | |
| Walaxda | Qiimaha | Tirada | Xaasilka |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| Xaasilka Qiimeeyey: _____ | | | |
| Khudaarta iyo Miraha la Barafeeyey | | | |
| Walaxda | Qiimaha | Tirada | Xaasilka |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| _____ | _____ | x _____ | = _____ |
| Xaasilka Qiimeeyey:: _____ | | | |
| Isku darka Qiimeynta Xaasilka: | | | |
| _____ | | | |



Cun maalin walba khudaarta cagaaran iyo ta miraha ah oo kala duduwan oo midabo kala duduwan leh!
Xusuusnow wixii badan ayaa wacan!

Ku dar raashinkaaga khudaarta cagaaran iyo ta miraha ah

- Caano fadhi subagu ku yar yahay oo lagu darey gobolo tufaax ah ama beeris.
- Samee salaad aad ka sameysey khudaarta miraha ah oo darey ah ama la barafeeyey oo kala duduwan wiiga intiisa hore si qado ahaan loo cuno.
- Liin macaan cun maalinta inteeda hore.
- Ku dar canjeerada khudaarta miraha ah, cajiinta doolshada ama siriyalka
- Samee cabitaan adag kuna shiid caano fadhi, miro isku jir ah iyo baraf.
- Jeex ah rooti laga sameeyey badar isku wada jira oo la soley oo la mariyey lows la cajiimey iyo jeex muus ah.
- Sido had iyo jeer baako ay ku jirto sabiib si u kuugu noqdo cuwaaf deg-deg ah.
- Sameyso isku jir ah miraha qalalan oo aad adigu doorato.
- Marka aad biitsaha dalbato codso in lagu dul saaro khudaar badan.
- Salaadkaaga ku darso digita cagaaran. Xasiida iyo sabiibtuna wey damcad fiican yihiin.
- Ku darso khudaar dheeraad ah maraqa, sanuunada iyo cuntooyinka la cajiimey ee la dubey
- Ku darso saanweyjka tamaandho, caleenta salaadka, iyo qajaar.
- Dalbo salaad halkii aad ka dalban lahayd baradho shiilan marka aad suuqa ka cuneysid.
- Saxanka aad wax ku cuntid nuskii ka dhig khudaarta cagaaran iyo ta miraha ah.
- Cunto fudud ahaan u cun barbarooni la googooyey, tamaadhada yaryar, ama qajaar la googooyey kuna cun shigniga gado nooca subagu ku yar yahay.
- Ku darso khudaarta cagaaran sida barbarooniga, kooskada, mashroom ama tamaadho ukunta marka aad cuneysid.
- Toortilada oo la dubey ku dhuuq xasiid iyo digirta madow oo la isku googooyey.
- Ku xeree khudaarta cagaaran iyo ta miraha ah qaboojiyaha ama dhig miiska meel laga arki karo.

Khudaar kasta oo cagaaran ama ta miraha ahi waxay leedahay nafaqo gaar ah sidaa darteed waxaynu u baahanahay in aynu doorano noocyo kala duwan maalin kasta.



Tusaalooyin ah sida loo gato khudaarta cagaaran ama ta miraha ah

- Hubi inta aanad gadan- Baakada kor u qaad oo eeg xaga danbe in qaar ku burureen ama uu xayaabo ku yeeshey.
- Isticmaal kuwa dareyga ah isla markaaba, gaar ahaan beeriska iyo jeeriga madaama ay kuwani hore u xumaadaan.
- Maydh ka hor inta aan la cuninin ama aan cuntooyinka lagu darin. Ku maydh biyo diiran oo socda. Labadaada gacmood ku xog marka aad dhaqeysid khudaarta si gacmahaagu uuga reebaana wasaqda. Ku qalaji tuwaalka xaanshida ah.
- Badi khudaarta miraha ahi waxay laasan karaan mudo todobaad ah hadii lagu rido qaboojiyaha.
- Ku xaree basasha, baradhada, bocorka, bocor katiitaha, meel qabow, meel qalalan.
- Tamaadhadu dhadhankeedu ma xumaado hadii marka meel la dhigo loo ganbiyo meesha ay ka unkantey heerkulka qol.
- Miraha meelaha aadka u guduutey ama meel ka jeexmey jarjar oo salaad ka dhig.
- Miraha aan isla markaaba la cuneynin meesha xaga barafka ku rid.
- Khudaarta iyo miraha la barafeeyey isla markii beerta laga soo gooyeyba waa in la barafeeyo dhadhankooduna wuu sii macaanaadaan. Waxayna leeyihiin milix aad uga yar kuwa daasadaha ku jira.

